

THE RENFREW CENTER ALSO OFFERS A VIRTUAL COLLEGE OUTPATIENT GROUP



MEETS WEEKLY

Contact us for details

Group discussion covers the following topics:

Balancing hybrid learning • Social isolation • Screen time fatigue • Utilizing supports
Self-care practices • Navigating family dynamics • Meal planning and nutrition
Exercise culture • Returning to "normal" college life

MORE INFORMATION

Please call **1-800-RENFREW (736-3739)**

or visit **www.renfrewcenter.com**.

